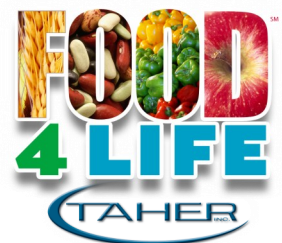




- ☆ Peas have been used in the dry form since **ancient times**. Archeologists found them in ancient tombs.
- ☆ The earliest charred remains of peas were found at Troy and Thebes in **Egyptian tombs** of the 12th dynasty.
- ☆ When English colonists arrived in America, peas were one of the **first crops** to be planted.
- ☆ A 1635 list of supplies for one year required that one colonist needed "**one bushell of Pease.**"

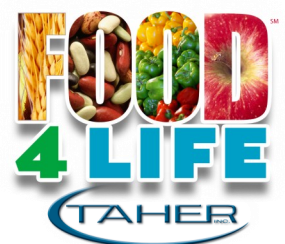




Botanical

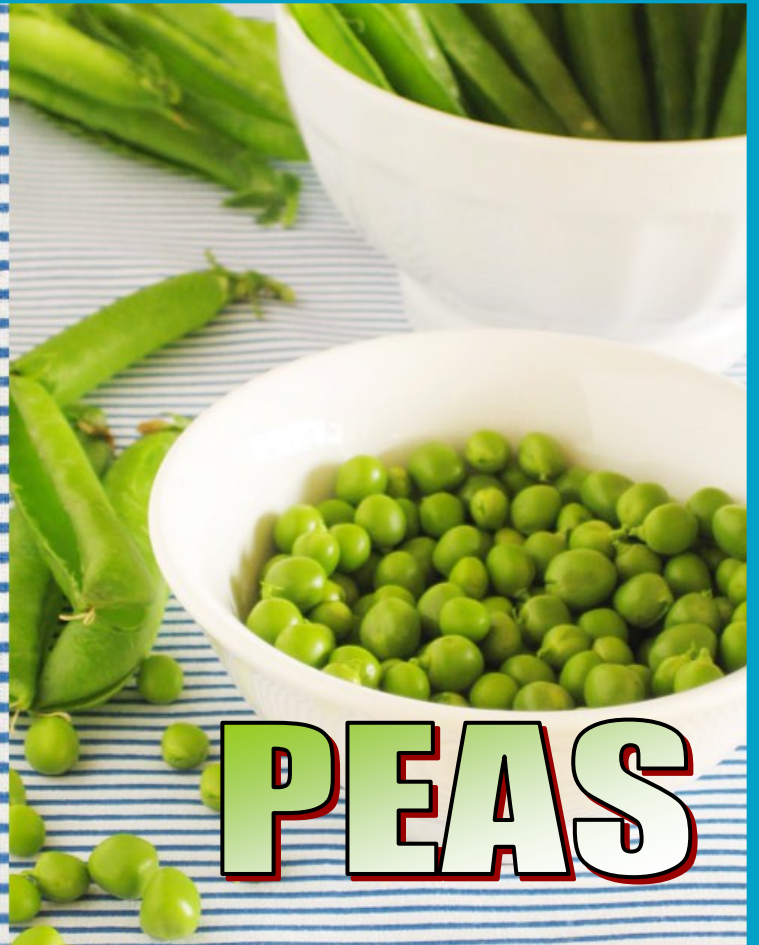
PEAS

- ☆ A **legume** is a class of vegetables that includes peas, beans and lentils.
- ☆ The pea is a **pod-shaped vegetable** that is most commonly green, but can be purple or golden yellow.
- ☆ Peas are an **annual plant** with a life cycle of one year. This cool season crop can be planted in winter to early summer depending on location.
- ☆ **Peas are botanically a fruit** because they contain seeds, however they are considered to be a vegetable during cooking.





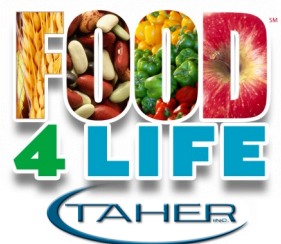
Nutrition



PEAS

Green Peas: A Vitamin Powerhouse!

- ☆ Peas are among the **most versatile and nutritious** foods available.
- ☆ Cook peas with **minimal water** to reduce the loss of Vitamin C. Steaming is best.
- ☆ Peas are a good source of **protein** and a healthy substitute for meat.
- ☆ Green peas are **rich** in:
 - ★ dietary fiber,
 - ★ vitamin C, and
 - ★ antioxidants.





PEAS



Fun Facts

- ☆ While **green peas** are picked immature and eaten fresh, **dried peas** are harvested when mature, stripped of their husks, split and dried.
- ☆ The **sugar snap pea** is a hybrid of green and snow peas. It was developed in 1979 to make an edible-pod variety with sweeter, full-sized peas.
- ☆ About **5%** of all peas grown are sold fresh, over half are sold canned, and the rest, frozen.
- ☆ Keep **fresh peas in the refrigerator** to help prevent their sugar content from turning into starch.

